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MAYOR BOWMAN MARKS FIRST 100 DAYS IN OFFICE

Boil-water advisory, Winnipeg called most racist city were the biggest challenges, he says. Page 2.

'MY FISTS WILL BE UP': TRUDEAU

Liberal Leader Justin Trudeau meets with Metro's editorial panel in Toronto on Monday. He admits he is already campaigning for the coming election. See coverage, pages 4 & 5. LIZ BEDDALL/METRO IN TORONTO

Jets hedging their bets

Currency woes. Salary costs have gone up by 20 per cent because of the falling dollar

COLIN FAST
For Metro

While they might be flying high in the standings, the Winnipeg Jets could be dragged down off the ice by the falling value of the Canadian dollar.

Under the NHL's collective bargaining agreement (CBA), players are paid in U.S. dollars. But since Canadian teams collect their revenue in loonies, the exchange rate has increased their cost of doing business.

"When you go below 80 cents, it clearly has an impact because you're paying 20 per cent more than an American team," said Glen Hodgson, senior economist with the Conference Board of Canada.

For example, when the Jets signed captain Andrew Ladd in 2011, the loonie was at par with the American dollar. Now Ladd's $4.4-million US salary is costing the team $5.56 million CDN. Overall, the Jets' estimated $62.3-million US payroll is now worth $78.8 million CDN.

"It might cost you the ability to sign a free agent or keep a good young player," said Hodgson, who co-wrote the book Power Play: The Business Economics of Pro Sports.

"Yes, a falling Canadian dollar does have an impact on True North and the Jets, obviously. However it is not as big as many would anticipate or think," said Jets spokesman Scott Brown. "There are mechanisms in the NHL's CBA which mitigate some of the foreign exchange risks.

"We also do attempt to further mitigate foreign exchange risk by using hedging strategies offered by financial institutions."

Hodgson mentioned the Jets' diverse streams of revenue (including concessions, concerts, the MTS Iceplex, and real-estate developments near MTS Centre) will help it weather the financial storm better than other teams.

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Virtual town hall marks mayor's first 100 days

Politics. Bowman says boil-water advisory and city's status as Canada's most racist city were among his 'biggest challenges' in office

BERNICE PONTANILLA
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Mayor Brian Bowman smiles at reporters at the end of a press conference Monday that took place at the normally closed mezzanine entrance to the city council chamber. BERNICE PONTANILLA/METRO

Mayor Brian Bowman marked his first 100 days in office with a virtual town hall and a press conference where he set his sights on his next milestone: the March 20 state of the city address.

"I'm going to be looking forward to mapping out next steps a little bit more fully in those remarks," said Bowman during the virtual town hall that took place on Monday morning for more than 40 minutes.

During the town hall, which people called in to, participants were given the chance to ask questions and participate in surveys. Questions were also received via Twitter using the hashtag #100days.

Asked how he'd grade himself on his 100 days in office, Bowman said he'll leave it to Winnipeggers, "because that's ultimately who matters, in terms of their judgment. All I can tell you is I've been working as hard as I can for Winnipeggers; I've been honest with Winnipeggers about the challenges that we face as a community."

Bowman said while he hasn't had a chance to look at how many people engaged in the town hall, he was satisfied with how it went.

During the press conference, Bowman highlighted having completed 18 of the 19 pledges he made for the first 100 days, the 19th being the hiring of a new CAO, now expected to be done by March.

He also said the two "biggest surprises" he's faced so far were the citywide boil-water advisory and the Maclean's article that called Winnipeg Canada's most racist city.

"Those two were definitely surprises. What I've really been pleased to see, though, is the ongoing discussion that's happening about municipal politics."

Bowman said he'll be heading to Toronto this week for the Federation of Canadian Municipalities' big city mayors' conference, and later in February to Prince George, B.C., for the Canada Games, which Winnipeg will be hosting in 2017.

Bodacious Bowman rocks out

On a lighter note

Mayor Brian Bowman was asked a wide variety of questions during the town hall, including a few fun ones.

Asked what his wrestler name would be and the music he'd use to enter the ring, Bowman chuckled and said, "Let's go with 'Big, bad, bodacious Bowman,' and the walk-in song would have to be Unchained by Van Halen."

Towards the end of the town hall, Bowman was asked as a Van Halen fan where he stood on the David Lee Roth vs. Sammy Hagar lead vocalist debate.

"That's a very serious question, yeah, Diamond Dave has to be my favourite. I listen to both, even I'll admit Gary Cherone who was briefly with the band, but nah, in my car it's David Lee Roth all the way."

Money

On how budgets get done

"The budget process that I stepped into … a lot of it had actually been completed by the time we were elected, and so this budget and (its) process … is not something that I think is the way forward," said Bowman, who wants to "modernize" the budget process.

'Important initiatives'

On the office of public engagement

"One of the motions that I recognized we didn't need to move forward with a motion was on the office of public engagement and that's because that work can and is progressing right now," Bowman said.

"The public service is looking at realignments of full-time employees to fulfil that new office and I'm looking forward to having more to say on that in due course."

Bowman added that this office and the office of policy and strategic planning "are two very important initiatives of mine."

On the web

For more local news, go to metronews.ca/winnipeg

Prairie Wildlife Rehabilitation Centre president Lisa Tretiak and weather-forecasting woodchuck Winnipeg Willow speak to the media after Willow predicted an early spring for Winnipeg on Monday morning. SHANE GIBSON/METRO

Willow predicts an early spring

Groundhog Day. New model — forget the shadow — could change groundhog forecasting forever

SHANE GIBSON
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Burn your parkas, Winnipeg! A rodent is calling for an early spring.

Winnipeg Willow, a four-and-a-half-year-old woodchuck — that's the proper term for a groundhog, but you can also call her a whistle pig and she won't mind — made the bold prediction Monday morning.

And despite having an absolutely dismal record — she's been right just once in her four-year meteorological career — a new forecasting model has her handler, Lisa Tretiak from the Prairie Wildlife Rehabilitation Centre, much more confident in this year's prediction.

"We've decided to skip tradition and we're not going to be going by whether she sees her shadow or not because, to be honest, we haven't been too successful," she laughed. "So because we know her quite well and we've been able to document her behaviour over the last four years … we're going to make our prediction based on her behaviour."

Tretiak, who said many scientists also predict weather patterns by watching animals' behaviour, was happy to report Willow has been "extremely active" of late, and the fact she's been in such high spirits means we're likely to see spring within the next six weeks.

The province's other weather-predicting marmot, Manitoba Merv — who still relies on the antiquated model of looking for his shadow — also forecast an early spring Monday.

There was no word on whether or not meteorologists at Environment Canada saw their shadows, but the agency said the warmest it'll be over the next week is -10 C on Sunday.

Opposition Tories plan 'reign of terror': Oswald

One of the people vying to become Manitoba premier urged labour groups to support her Monday, saying only she can prevent a "reign of terror" by the Opposition Tories over the province's workers.

Theresa Oswald made the comments as unions and other groups began to prepare for the March 8 NDP leadership vote, where labour organizations could hold one in five delegate slots.

"The NDP in the next year could come up with 50 laws that are terrific for workers and terrific for labour. It doesn't matter a bit if we turn the keys over to Brian Pallister so that he can begin a reign of terror against workers," Oswald said.

"It's critically important that (party members) decide who has the best chance of beating Brian Pallister in the next election. I say with humility that I think that person is me, and the stakes have never been higher."

Oswald has seen very little formal labour support since she helped lead a caucus coup against Premier Greg Selinger last fall. Paul Moist, national head of the Canadian Union of Public Employees, accused Oswald and other caucus rebels of "political treason."

The provincial branch of CUPE came out in formal support Monday of Selinger, who is in a three-way leadership race against Oswald and former cabinet colleague Steve Ashton.

Oswald promised Monday that if she won, she would allow unions or management to apply for arbitration 45 days after the start of a strike or lockout — down from the current 60 days.

Oswald has previously used other strong language against the Tories. She has accused them of having an "anti-women, anti-gay" agenda, which the Tories have denied. THE CANADIAN PRESS

Quoted

"If she has something meaningful to say about our policies or positions, we will be happy to comment."

The one-line written response from Tory spokesman Mike Brown to Theresa Oswald's latest accusation

Weston

Assault on girl fabricated: Police

Winnipeg police now say an armed assault on a 12-year-old girl reported in the Weston neighbourhood last month never actually happened.

Police sent out a media release after the girl reported a man armed with a weapon grabbed her from behind, dragged her into a back lane and physically assaulted her while she walked to school on Worth Street the morning of Jan. 16.

Following an investigation by the child-abuse unit, police have determined the girl fabricated the incident. She will not face charges, but police say the required supports have been put in place. METRO

Restaurant. Chez Sophie closes on Esplanade Riel

Chez Sophie is closing its location on the Esplanade Riel.

Owners Sophie and Stéphane Wild, who opened the restaurant in the space along the bridge in June 2013, said through their Facebook page just after 3 p.m. Monday they'd be closing, effective immediately.

The message, written in French, said the restaurant's unique location was too expensive to maintain on the seasonal income brought in due to their spot on the bridge.

The Parisian restaurant initially did brisk business in the summer.

"It's summer, and everybody's walking on the bridge and they go, 'Oh, it's open,'" floor manager Caroline Rousseau said the week the restaurant opened. "We rolled our tables twice (Wednesday) for lunch, and supper will probably be the same." METRO

Background

Chez Sophie — which also has another 30-seat location, Chez Sophie Bistro, in St. Boniface — replaced the bridge's previous tenant, Salisbury House.

- Rousseau says the Wilds invested $250,000 in renovating the 80-seat restaurant, replacing the lights, table, chairs, booths, floor, wallpaper, all of the equipment in the kitchen and adding a dessert stand.

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"WHAT MATTERS IS WHAT YOU DO WITH WHAT YOU'RE GIVEN"

ROSEMARY WESTWOOD
Metro in Toronto

Justin Trudeau's pitch for prime minister goes roughly like this: It's not that Canadians can trust him; it's that he trusts them.

The trademark of his leadership would be openness in government, society and politics, he told Metro editors and reporters during an hour-long interview on Monday.

His caucus will be able to vote by their conscience. He will separate his own religious beliefs (he's Catholic) from his politics (he's pro-choice). Collaboration, not "divisive" politics, will reign.

Trudeau was accompanied by a low-key entourage and equipped with more polished answers than some of his previous offhand gaffes would suggest.

Like the Liberal Party itself, Trudeau has yet to release an official platform. He kept his answers to generalities about what he would do if elected: invest in education, create a more diverse economy, work more closely with municipalities, and better support indigenous communities.

If his policies are still opaque, he is clear about the kind of politician he promises to be.

The Liberals won't use attack ads, like the ones already running against him. They might work, he admitted, but will lead to a divided country.

"I would rather campaign with one arm tied behind my back than have to govern with one arm tied behind my back," Trudeau said.

While the Conservatives have tried to use Trudeau's privileged upbringing against him, he embraced it as one of the reasons he's running for prime minister.

"I recognize that I've been incredibly, incredibly fortunate in my life," he said, but his parents "drilled" into him that "what matters is what you do with what you're given in life."

That's why he chose to become a teacher, and it's why he wants to be prime minister, he said.

His father, former prime minister Pierre Trudeau, taught him to stand by his convictions, despite political costs.

"My mom taught me actually to like people, which my father wasn't always very good at," he said, and laughed.

She also taught him that there is strength in vulnerability, after going public about her struggle with bipolar disorder a decade ago and helping influence public discourse on mental health.

"People were unbelievably supportive," Trudeau said. "For me that is an incredibly powerful message."

It could also help explain his own candid, relaxed approach to the public: Being vulnerable could be a powerful tool to win voters.

But don't expect a push-over, he warned.

"I will not take things lying down, and we will be very, very strong in our contrast, in the ideas we disagree with, the positions we dislike," Trudeau said.

Presumably, the party will also be very clear about what policies it does agree with, when it finally releases a platform.

"Let's be very clear. My fists will be up. I am a boxer," he said.

What that can mean for Canada's future remains to be seen.

On women...

Catholic — and also pro-choice

On the divisive issue of abortion Justin Trudeau has a practised answer. It's one he says is based on personal conviction, not political strategy.

He supports a woman's right to choose.

He's Catholic, but said that elected representatives should not impose personal views on entire communities.

"I've sat down with a number of bishops, archbishops and even a cardinal and I've talked about the fact that their job as priests is very different than my job as a leader, as a politician," he said.

He has been outspoken on women's issues in the past. He was tested last year when two Liberal MPs were accused of sexual harassment. He kicked both out of caucus.

"Most workplaces are further ahead than the House of Commons was, and that's why there was very little I could do within our existing system, which is why the actions I took were fairly decisive."

He sighed before answering that cultural change is needed before legislative change.

"Our judges, our judicial system, our police, our investigators, are in a very, very difficult situation responding to something like that, that's already happened and in many cases, ends up being he said, she said," he said.

"There's a big culture shift that's ongoing, that needs to continue."

Trudeau also spoke on the coming debate about euthanasia.

On Friday, the Supreme Court is expected to rule on Canadians' right to die with dignity and Trudeau expects a "serious" debate.

"We have to have that balance of personal choice and rights of an individual to decide about their life, and the responsibility to protect vulnerable individuals from abuse.

"That's a balance that is at the core of my own views and values and convictions."

JESSICA SMITH CROSS/METRO

Quoted

"My mom taught me actually to like people, which my father wasn't always very good at."

Justin Trudeau

Prime Ministerial ink

"I know we're a federation. We're not always going to get along, but we do share a vision about what is going to be needed and I know we can work better," Justin Trudeau said Monday in a sit-down interview with Metro. ELIZABETH BEDDALL/METRO

On balancing security, prosperity and freedom

JESSICA SMITH CROSS
Metro in Toronto

Liberal Leader Justin Trudeau spoke at length about his values in an hour-long interview with Metro on Monday and had answers to some, but not all, of our questions on how he would put those values into policies he'd champion as prime minister.

On youth and the middle class...
Trudeau said he knows that many young Canadians feel prosperity is passing them by; that their generation will not have a home, a pension, an education without crippling debt, good employment prospects and economic security upon which to start a family of their own.

"Young people are feeling that," he said, "and their parents are feeling that this is a breakdown in the idea of Canada, that every generation is supposed to have greater opportunities and be able to get a better quality of life than the previous generation."

That breakdown is a source of tremendous anxiety that's toxic to the country, he said.

His plan to solve it starts with investing in education: better bursaries and loans, looking into tying the repayment of student loans to income, and allowing Canadians to use RESPs to continue their education throughout their careers. Improving the middle class, according to Trudeau, means improving the infrastructure it relies on, particularly transit, as well as encouraging both a "resource and knowledge economy."

Closing the wealth gap "means supporting middle-class Canadians, not supporting the wealthy. That means we're competitive in terms of corporate taxes, but not creating giveaways in hopes that corporations will create jobs."

On First Nations and racism...
Canada has failed aboriginal people and needs to have a discussion about racism, Trudeau said.

The federal government broke the trust and respectful partnership promised in the treaties, through residential schools, failing to react to the problem of missing and murdered women, and failing to provide quality education for First Nations people, he said.

While the residential school apology was important, action didn't follow and a lack of action on aboriginal issues hasn't come with a political consequence so far, he said.

"We have a responsibility to make sure that First Nations education is funded, that a kid in a First Nations community has exactly the same level of funding as a kid in any other community in the country," he said. Support for mental health and addiction services in remote areas must equal the support available in urban areas, he said.

On terrorism...
Trudeau doesn't know yet what the Liberals' response to C-51 — the government's anti-terror bill that expands CSIS's power and criminalizes promoting terrorism — will be, but his caucus is going over the details and will debate it Wednesday.

"The fundamental responsibility of any government is to keep its citizens safe," he said. "Whether it's rail safety — as we learned with Lac-Mégantic — whether it's protection against jihadists and international terrorists and radicalization, that's something the government needs to do."

On legalizing marijuana...
Trudeau said his commitment to legalizing marijuana comes from his own values related to personal freedom and protecting the vulnerable, not political strategy.

"It's all about allowing adults to make their choices while protecting kids much better than we are now," he said. "Our current approach isn't protecting our kids, we need to protect the vulnerable, while respecting people's freedoms."

On cities...
In nearly 150 years since Confederation, Canada has shifted from 80 per cent rural and 20 per cent urban, to the opposite and it's time to recognize that cities deliver a majority of services on a fraction of the tax base, Trudeau said.

His party is looking at creating another mechanism — something akin to the gas tax — that empowers cities to build infrastructure, he said.

Trudeau said it's time to stop finger-pointing and recognize that all governments serve the same citizens, so as prime minister, he'd meet with the premiers and the country's mayors and aboriginal leaders, to help them build their long-term plans.

"I know we're a federation. We're not always going to get along, but we do share a vision about what is going to be needed, and I know we can work better, much more efficiently on delivering those needs instead of just saying, 'Hey, Ottawa's balanced its books, now it's up to Toronto or Ontario to do it on their own.'"

ALL PHOTOS: ELIZABETH BEDDALL/METRO

Tat test. Trudeau draws his dream-job tattoo

Asked to sketch a tattoo appropriate for the PM, the famously tatted Justin Trudeau paused only briefly before he started drawing what looked like a flagpole.

His aides told him it was time to go, but Trudeau kept sketching. In remarkably accurate detail, he spent several minutes creating a Quentin Blake-esque rendering of the Peace Tower on Parliament Hill — complete with a green copper roof and clock, a small Canadian flag and mini parapets.

But don't expect him to head to the tattoo parlour on Election Day: "I have all the ink I'm going to get. I'm not going to get more tatted up," he said, calling tattoos "addictive."

Trudeau's shoulder is inked with a globe he got in his 20s, surrounded by a Haida raven, added on when he turned 40.

Trudeau reverted to teacher mode on his way out, asking if anyone could pinpoint the one inaccurate detail.

There isn't a maple leaf on the face of the clock tower?

Correct, said the teacher.

ROSEMARY WESTWOOD/METRO

Jailed journalist gives up Egyptian passport

Cairo. Mohamed Fahmy relinquishes citizenship in exchange for freedom

An Egyptian-Canadian journalist imprisoned for more than a year in Cairo has relinquished his citizenship as a condition of his release, his fiancée said Monday.

Marwa Omara said it was "a very hard" decision for Mohamed Fahmy.

"He is a proud Egyptian that comes from a family of military servicemen," Omara said in an email to The Canadian Press.

"They told him: 'Nationality is in the heart, and you can come in as a tourist.'"

It remained unclear when exactly Fahmy would be released. However, Foreign Affairs Minister John Baird told CBC on Monday that Fahmy's release was "imminent." He declined to provide any more details.

The 40-year-old was expected to be deported to Canada when released.

Fahmy's mother sent a public letter to Egypt's president on the weekend, calling her son an "innocent" man in urgent need of medical treatment.

"Mr. President, as a journalist my son never strived to tarnish Egypt's image. It's this Al Jazeera case that now smears Egypt's reputation abroad," wrote Wafa Abdel Hamid Bassiouni.

Fahmy and two Al Jazeera colleagues — Australian journalist Peter Greste and Egyptian Baher Mohamed — were arrested in December 2013 and convicted of terror charges related to their coverage of the violent crackdown on Islamist protests. They were sentenced to between seven and 10 years.

Greste was finally freed on Sunday.

Prison officials and Egypt's official Middle East News Agency said Greste's release resulted from a "presidential approval" and was co-ordinated with the Australian embassy.

THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS

Imprisonment

Egyptian authorities had accused the three journalists of providing a platform for ousted president Mohammed Morsi's Muslim Brotherhood, now declared a terrorist organization. But authorities provided no concrete evidence.

- The three were widely seen as having been caught up in a regional power struggle between Egypt and Qatar, which funds Al Jazeera and strongly supported Morsi.
- The journalists and their supporters insisted they were simply doing their jobs during a time of violent upheaval.

Guy Turcotte to remain out on bail until trial

Guy Turcotte appears in court in an artist's sketch from Nov. 14, 2013, in St. Jerome, Que. The former doctor charged with killing his children will remain free pending his trial, as Quebec's Crown prosecutor's office said Monday it would not appeal the matter further. MIKE MCLAUGHLIN/THE CANADIAN PRESS

Alberta

Driver killed in school-bus crash

A school-bus driver was killed in a highway crash with a transport truck in northwestern Alberta on Monday.

The bus was taking 14 students to classes at elementary and high schools in the Peace River area.

All of the kids were injured in some way.

"One of the children has been flown to an Edmonton-area hospital with serious but not life-threatening injuries," said RCMP Cpl. Carol McKinley.

The driver of the truck was also flown to hospital with serious but non-life-threatening injuries.

THE CANADIAN PRESS

Supreme Court

Ruling expected on assisted suicide

The Supreme Court of Canada says it will release its much-anticipated ruling on assisted suicide Friday, although the two main figures in the case have died.

THE CANADIAN PRESS

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Court hears of motivations behind alleged Via Rail plot

Two men accused of planning a terrorist attack on a passenger train travelling between Canada and the U.S. were motivated by Islamic extremism and spent months plotting to murder as many people as they could, their trial heard on Monday.

Raed Jaser and Chiheb Esseghaier both face multiple charges in the alleged Via Rail plot. Not-guilty pleas have been entered for both of them.

On the first day of the trial, Crown lawyer Croft Michaelson said the pair made up a terrorist group operating in Canada in 2012.

"Mr. Esseghaier and Mr. Jaser, motivated by Islamic extremism, agreed that they would murder persons to instil fear in the community," Michaelson said in his opening remarks.

Esseghaier, a Tunisian national who was doing doctoral research on nanosensors in Quebec, travelled to Iran in early 2012 and met with people who were, in his words, "carrying out jihad for the sake of Allah," Michaelson said.

"Mr. Esseghaier returned to Canada intent on establishing a terrorist cell to facilitate and carry out terrorist acts in Canada," he said.

Jaser, a permanent resident of Palestinian descent, got involved with Esseghaier and wanted to "conduct multiple missions so people in Canada would realize they would not be safe until they left the lands overseas," Michaelson said.

An undercover FBI officer, however, was able to gain the pair's trust, which was how conversations about the men's plans were recorded, forming crucial evidence in the case. THE CANADIAN PRESS

MP conduct code faces obstacles

A multi-party sub-committee tasked with coming up with a code of conduct for MPs and a procedure for dealing with complaints, following a sexual-harassment scandal last fall, is going nowhere fast as members grapple with the legal challenges involved.

Unlike other workplaces, there is no employer-employee relationship between MPs, all of whom are considered equals.

Moreover, MPs enjoy greater freedom of speech than ordinary Canadians, protected by parliamentary privilege from defamation or libel suits.

They also routinely use that freedom to demean, belittle and humiliate one another — conduct that is often defined as harassment in other workplaces.

An even thornier issue is whether a harassment policy would apply only to behaviour that occurs within the parliamentary precinct or should be extended to cover MPs when they socialize or attend events together off Parliament Hill.

Richard Denis, the House of Commons' deputy law clerk, warned sub-committee members Monday that applying a policy beyond the parliamentary precinct would amount to trying to regulate MPs' private lives — a risky proposition.

Yet the harassment incidents that triggered the sub-committee's work are alleged to have occurred off Parliament Hill. THE CANADIAN PRESS

Nigeria

Terrorism disrupts election campaign

A female suicide bomber killed herself Monday when she exploded a vehicle packed with explosives near a stadium where Nigeria's president had just held an election rally in the northeastern city of Gombe, police said.

They said there were no other casualties.

No one immediately claimed responsibility. Most suicide bombings are blamed on Boko Haram Islamic extremists who are against democracy and have vowed to disrupt the Feb. 14 elections for the president, state governors and legislators in Nigeria, Africa's richest and most populous nation. THE ASSOCIATED PRESS

Climate change

2014 temperatures among warmest

The UN weather agency says 2014 was the warmest year on record, though the temperature difference with 2010 and 2005 is so small that it's impossible to say for sure which of the three years was the hottest.

The World Meteorological Organization's analysis Monday mirrored findings two weeks ago by NASA and the National Oceanic and Atmospheric Administration, and also included data from the Met Office in Britain.

WMO chief Michel Jarraud said warming is expected to continue as atmospheric levels of heat-trapping CO2 rise. THE ASSOCIATED PRESS

Brussels

Armed man charged with threatening EU parliament

Belgian police evacuated hundreds of people Monday from the European Parliament to search a car for explosives, then arrested the owner — a man clad in camouflage gear who had a gun and a chainsaw stashed in his vehicle.

Police found the firearm and chainsaw but no explosives, according to the public prosecutor's office.

The suspect, identified as a Slovak national born in 1982, was charged with "threatening an attack, possession of an illegal weapon and unauthorized possession of a firearm requiring a licence." THE ASSOCIATED PRESS

Japanese PM questioned on hostage deaths

Japan. Abe pledged $200M in non-military aid days before ISIL demanded ransom

Japanese Prime Minister Shinzo Abe defended his policy toward terrorism, as the flag at his official residence flew at half-staff Monday in a mark of mourning for two hostages killed by the Islamic State of Iraq and the Levant (ISIL) group.

During a long day of parliamentary debate, Abe parried numerous questions about his handling of the hostage crisis, which came to a grisly end with news early Sunday that journalist Kenji Goto had been beheaded.

Abe said his announcement of $200 million in non-military aid for the fight against ISIL, made during a visit to the Middle East just days before the militants demanded a $200-million ransom for the two hostages, was meant to convey Japan's strong commitment to battling terrorism and fostering peace.

Some have questioned that decision, saying Abe should have been more cautious and not mentioned ISIL by name.

Abe confirmed that he was aware of the hostage situation when he made the announcement. He said he wished to publicize Japan's contribution to the fight against extremism and rejected the idea of a more cautious approach.

"The terrorists are criminals," Abe said. "We are determined to pursue them." THE ASSOCIATED PRESS

Remembrance

"It was his passion to highlight the effects on ordinary people ... and to inform the rest of us of the tragedies of war." A statement from Rinko Jogo about her husband, journalist Kenji Goto, who was beheaded by ISIL militants

Liberia launches trial of experimental Ebola vaccine

A woman is injected by a health-care worker, left, as she takes part in an Ebola virus vaccine trial at Redemption hospital in Monrovia, Liberia, Monday. A large-scale human trial of two potential Ebola vaccines got under way in Liberia's capital, part of a global effort to prevent a repeat of the epidemic that has now claimed nearly 9,000 lives in West Africa. ABBAS DULLEH/THE ASSOCIATED PRESS

Ukraine. Some remains from downed plane found

The Dutch defence ministry says a team of experts has recovered a small amount of human remains from a village near the site where a Malaysia Airlines jet was downed last July in eastern Ukraine, killing all 298 people on board.

Monday's mission also netted personal effects of victims and pieces of wreckage of Flight 17 that was heading from Amsterdam to Kuala Lumpur when it plunged out of the sky. THE ASSOCIATED PRESS

Ukraine. Junction city of Debaltseve new battlefront

As Ukrainian troops fought Monday to defend a strategic railway hub, Russian-backed separatists pledged to boost the size of their force and Washington pondered whether to expand its assistance to Ukraine to include lethal aid.

Their main rebel offensive is now directed at Debaltseve — a government-held railway junction once populated by 25,000 people that lies between the rebel-held cities of Luhansk and Donetsk. THE ASSOCIATED PRESS

Sex-trafficking trial of former IMF head begins in France

Dominique Strauss-Kahn's lawyer Henri Leclerc arrives at the Lille courthouse in northern France Monday as Strauss-Kahn goes on trial for sex charges. CHRISTOPHE ENA/THE ASSOCIATED PRESS

Dominique Strauss-Kahn appeared in court Monday to face accusations of taking part in an international prostitution ring set up to provide him with prostitutes for orgies at luxury hotels in France and the U.S.

The former head of the International Monetary Fund, once considered a near shoo-in as France's president, went on trial in the northern city of Lille to face charges of aggravated pimping and involvement in a prostitution ring operating out of luxury hotels.

Strauss-Kahn arrived in a black sedan with tinted windows and drove into an underground parking lot, while other defendants entered the courthouse through a crowd of reporters and cameras, accompanied by their lawyers and watched over by a heavy police and military presence.

The French economist known widely as DSK faces up to 10 years in prison and a 1.5 million-euro ($1.7 million US) fine, as he and more than a dozen other French and Belgian businessmen and police officers go on trial.

The trial is scheduled to last three weeks, with Strauss-Kahn not expected to testify until Feb. 10.

Investigators have compiled hundreds of pages of testimony from prostitutes describing the orgies allegedly organized by the 65-year-old Strauss-Kahn and his co-defendants, centred on the Carlton Hotel in Lille, near the Belgian border.

Strauss-Kahn says he took part in "libertine" activities, but insists he never knew the women involved were prostitutes.

It's not illegal to pay for sex in France, but it's against the law to solicit or to run a prostitution business.

Hundreds of reporters are covering the trial, making it one of the highest-profile cases in France in years.

Prosecutors filed preliminary charges of aggravated pimping in March 2012. THE ASSOCIATED PRESS

VOICES

HIT THE GAS ON SLOWING DOWN

Lowering the speed limit on residential streets to 40 km/hr would only cause a few seconds delay, but significantly improve pedestrian safety

YOUR RIDE
Colin Fast

Cars drive through a residential neighbourhood in Winnipeg on Monday. SHANE GIBSON/METRO

If this is an average week in Winnipeg at least a half-dozen pedestrians and a couple of cyclists will end up in hospital after being hit by a car or truck.

Yet despite the fact hundreds of residents are being injured or killed every year, the city has refused to take the most basic step toward improving road safety: reducing the default speed limit.

Ignoring the issue not only creates a real danger for pedestrians, but it leaves Winnipeg in the dust on an emerging public policy trend toward slowing traffic down.

New York, London and Paris all lowered their speed limits last year to between 32 km/h and 40 km/h. Edinburgh just approved lowering its limit to 32 km/h and San Francisco — already at 40 km/h — is looking at doing the same.

Within Canada, campaigns are underway to lower speed limits in some Calgary neighbourhoods, Victoria recently cut the speed to 40 km/h on several streets, and the Ontario government announced last week it will hold public consultations on reducing the default speed limit to 40 km/h across the entire province.

Politicians like Ottawa's mayor Jim Watson and Thunder Bay's mayor Keith Hobbs have already backed the proposal and said they want lower limits in their communities.

"You see some cars going 60 and 70 km/h down a residential street and you cringe at what could happen — a child hit or killed, a pet, a senior citizen," Watson told Metro Ottawa.

But when 40 km/h speed limits were raised at Winnipeg city council in 2013, the administration dismissed the idea and councillors pretty much shrugged and moved on.

To be fair, council did approve 30 km/h school speed zones around the same time, but those might be more confusing than effective. In addition to providing only part-time protection (7:30 a.m. to 5:30 p.m., Monday to Friday, September to June), they also create a patchwork of speed limits in residential areas.

For example, along Kingsway in River Heights the speed limit changes four times in seven blocks as the road passes two elementary schools. While "keep 'em on their toes" is one way to deal with speeders, it might not be the best option for creating long-term behavioural changes.

A consistent 40 km/h speed limit on all residential streets — secondary roads, not major thoroughfares — would only delay drivers by a few seconds, but it would significantly improve safety and quality of life in Winnipeg's residential neighbourhoods.

Let's hope our civic leaders speed up and get on board the slow-down movement.

DO YOU HAVE A TRANSIT IDEA?
Shoot us an email:
winnipeg@metronews.ca

Colin Fast is a communications specialist and freelance journalist in Winnipeg. He drives at 40 km/h through his neighbourhood and doesn't care how much you honk. Find him on Twitter @policyfrog.

Ignore the rodent prognosticators and embrace winter

MELISSA DUNNE
readers@metronews.ca

Poet T.S. Eliot famously declared April as the cruellest month. I disagree: It's definitely February.

In our desperation to bring a swift end to the coldest and wettest season, we jump at — as we did Monday — weather forecasts from groundhogs and men in top hats. Nova Scotia's Shubenacadie Sam and Quebec's Fred la Marmotte both saw their shadows. Ontario's Wiarton Willie and Manitoba's Winnipeg Willow did not. Will there be six more weeks of winter or early spring? Hmm. Not to sound as grumpy as Bill Murray in the 1993 classic Groundhog Day, but it's time to take your head out of the frozen ground — winter is here for a while, so we may as well embrace it.

The first official day of spring is March 20, but many parts of the True North will have snow well past that date. In Halifax, the Old Farmer's Almanac predicts rain, wet snow and flurries for the last week in March. While Vancouver doesn't get much white stuff, the area is set to see snow and rain from March 17-21, according to the almanac. Last year Ottawa saw snow on April 15, according to the Government of Canada's website. Calgarians were posting photos online when the city was hit by a very late spring snowstorm on June 6, 2009. Yes, June.

So regardless of whether you believe the premonitions of huge rodents or climatologists, we need to accept that cold, wet weather is here for a while. With that in mind, here are my tips for making it through the rest of winter without melting down like all that snow on the ground when the salt hits.

Winter's here for a while

So regardless of whether you believe the premonitions of huge rodents or climatologists, we need to accept that cold, wet weather is here for a while.

Buy the right gear

When my family first emigrated from Dublin, we hit the local Sears and bought one-piece snowsuits and woolen ski masks. Canada gets cold, but there's generally no need for a ski mask unless you're actually skiing. But it is worth splurging on a down-filled parka, shearling trapper hat, wool scarf, waterproof mittens and sturdy winter boots. In Vancouver, I recommend Gore-Tex and galoshes. Most of these items are now on sale — go get some.

Don't be afraid to fall

Then, wrap up and get outside. After years of hibernating indoors like some sort of bear-human hybrid, I have enacted Project Embrace Winter. I skate. I have snowshoed. I've even tried cross-country skiing, and all I did was fall and struggle to get up over and over again. But I'm out there embracing winter.

Add some Baileys

After a long day of doing winter sports poorly, I'll make some hot coffee. Or if you have a sweet tooth, chop up some baking chocolate, warm some milk on the stove and throw in some sugar and marshmallows. I usually add a dash of Baileys, too. While I'm now a dual Irish-Canadian citizen, I am still a Dubliner at my cold, shivering core.

Find a way to warm up to our cold weather, which will likely last well past the equinox. And no matter what the rodent soothsayers say, Canada Day is still a very long 21 weeks away. Then we can all stop complaining about the cold and wind chill and start complaining about the heat instead.

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CRTC moving in right direction, expert says

Television. Expert says over-the-air still has a place in the era of on-demand television

Gregory Taylor, who is also the author of Shut Off: The Canadian Digital Television Transition, says TV distributors have a near-complete stranglehold on public information such as news and current events. ISTOCK

As beleaguered local television stations continue to face cutbacks and web-streaming services like Netflix take off, the future of antenna television looks fuzzy. Nevertheless, last week CRTC chairman Jean-Pierre Blais voiced his crystal-clear support for over-the-air television, which is broadcast on open signals and available without a cable-subscription package. The announcement comes after a long discussion on the future of television between the CRTC and more than 13,000 Canadians.

Torstar News Service spoke with Gregory Taylor, a Ryerson researcher and expert on over-the-air television.

What was your take on Jean Pierre Blais' speech?
I was pleased by all three major decisions. I thought that they were very much not just consumer-centred but citizen-centred. And I think the CRTC took a big-picture view — and its position as a public regulator quite seriously — and realized they were not just beholden to business interest.

Why is over-the-air television important to you?
Because it means that we are not restricted to cable and satellite subscription if we want to have access to broadcasting. If you remove the over-the-air sector, then we have no choice. The distributors have a complete stranglehold on things that are supposed to be public information, like news and current events.

I'm not saying that all channels should be free, over-the-air, but there should be a baseline that citizens can access.

How is over-the-air television being used south of the border?
Over-the-air is being used in a far more advanced way (in the U.S.) than we are in Canada. Take any comparably sized city in the U.S. ... and what you'll get is a list often between 40 to 60 channels (available over-the-air). You can put up to four channels on one licence.... In Canada, nobody is doing that, but in the U.S. they are.

What do you think the future of television is, and where does over-the-air fit in that?
Some people will say everything is going online. But if you take a look at viewership numbers, they've actually remained stable over the last 10 years.

We've seen music fall off a cliff, we've seen bookstores closing down all over the place. Right now, cable and satellite companies are healthy and totally fine.

To me, the future is certainly far less linear than over-the-air offers. It will be a smaller part of the market; I have no illusions that way. But I still think it serves a purpose. TORSTAR NEWS SERVICE

Lululemon. Clothing brand's founder resigns

The founder of Lululemon Athletica Inc. is stepping down from the company's board and turning his attention to growing his family's newest venture, a clothing company founded by his wife and son.

Dennis (Chip) Wilson started Lululemon in 1998 in Vancouver after taking a yoga class and helped turn it into an international brand.

However, he had been at odds with the Lululemon board after resigning as chairman in 2013 and tried unsuccessfully to oust two directors from the board last year, saying they were not focused enough on product innovation.

James Courtovich, a spokesman for Wilson, said Wilson's frustration stemmed from their refusal to adopt a new fabric his wife had created, called Technical Cashmere.

Lululemon founder Chip Wilson. THE CANADIAN PRESS FILE

Wilson offered the fabric to Lululemon three times, but each time the board rejected it, Courtovich said. That spurred Wilson's wife and son to start a clothing company called Kit & Ace, which uses the fabric.

Wilson said in a statement Monday that his decision will give him more opportunity to grow that business, which has five stores in Canada and two in the United States.

Wilson had left Lululemon in 2012 to take a sabbatical in Australia, but returned in 2013 at the board's request. THE CANADIAN PRESS

Market Minute

DOLLAR 79.31¢ (+0.84¢)

TSX 14,900.47 (+226.99)

OIL $49.57 (+$1.33)

GOLD $1,276.90 US (-$2.30)

Natural gas: $2.680 (-1.1¢)
Dow Jones: 17,361.17 (+196.22)

Oilsands

Feds are hiding reports, critics say

The government is being accused of hiding environmental threat reports by the NDP. TransCanada's Francois Poirer has downplayed any threat the Energy East pipeline poses. THE CANADIAN PRESS

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Gossip

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METRO'S TAKE ON THE WORLD OF CELEBRITIES

Kim Kardashian ALL PHOTOS GETTY IMAGES

Kim's not sorry for bringing up the Bruce brouhaha

There's trouble in the Jenner-Kardashian compound, and it apparently stems from comments that the most famous of the brood, Kim Kardashian, made in an interview with Entertainment Tonight last month expressing support for "what Bruce (Jenner) is going through." What he's reportedly going through is transitioning from male to female, though no official announcement has been made at this time. Hence the family strife. "Kim has not even tried to apologize because she says she was helping him and the ratings of the TV show," a source tells Radar Online. "Unfortunately, the more Kim talks, the more famous she gets. She has pulled this kind of stunt before and has lost friends and lovers. But she honestly does not care. She just moves on." And honestly, I'm surprised by the family outrage. If anyone understands the "I was trying to boost our ratings" argument, it's those people.

Sorry, British supermodels — you're no longer a thing

Carol White, the modelling agent responsible for such '90s fashion titans as Naomi Campbell, Claudia Schiffer and Linda Evangelista, is calling time of death on Great Britain's future as a supermodel talent pool. "The British are s—. Even if they're from a poor background, British girls have everything," White, herself a Brit, tells the Sunday Times Style Magazine. "They come from, say, Newcastle, and they don't want to leave their mates or their boyfriend — they're torn. We're not as fit. Maybe we eat too much."

Naomi Campbell

Kanye West and two Super Bowl fans

Kanye doesn't want to be in your selfie, all right?

Kanye West went to the Super Bowl, but he didn't look too happy about it. Or maybe he just wasn't too happy about being roped into a couple of fans' attempts at a selfie with the star. He just looks so miserable, right? Seriously, did he just send his Madame Tussauds wax figure to the big game in his stead?

Kate wouldn't change a #&@$!% thing about the way she's raised her kids

Kate Winslet takes a positive attitude when it comes to helping her children cope with divorce. "I think it's very important to teach your children to struggle on some level," she tells Harper's Bazaar.

"I would honestly say that I wouldn't change a thing. Even all the bad bits. It doesn't matter how s—y times have been, they all matter, because those things shape who you are. And if you don't like who you are, well, then you're f—ed, really, aren't you?" Way to bring everybody down, Kate. On the plus side, she's also got a great take on the whole "losing the baby weight" mania following the birth of her latest child, Bear. "There's a big part of me — now more than ever before — that feels a sense of responsibility for how other women view themselves," she says.

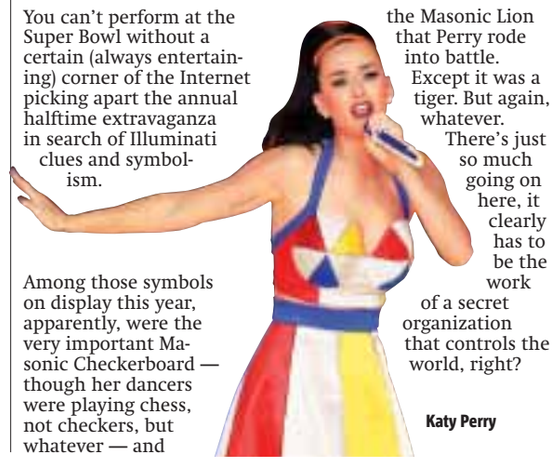
"Take having the baby, for instance. Have I actively been on a diet to lose my baby weight? No, I haven't. I genuinely bloody haven't. I so didn't want to be one of those, 'Oh wow, she's back in shape after 12 weeks' women. When I read things like that, I just think, 'Oh for f—'s sake, that's actually impossible.'"

Kate Winslet

Bring on the halftime show conspiracy theories

You can't perform at the Super Bowl without a certain (always entertaining) corner of the Internet picking apart the annual halftime extravaganza in search of Illuminati clues and symbolism.

Among those symbols on display this year, apparently, were the very important Masonic Checkerboard — though her dancers were playing chess, not checkers, but whatever — and the Masonic Lion that Perry rode into battle. Except it was a tiger. But again, whatever. There's just so much going on here, it clearly has to be the work of a secret organization that controls the world, right?



Katy Perry

Backstreet Boys look back to their roots — warts and all

VOD. Documentary, Show 'Em What You're Made Of, follows the band back to Orlando while recording their latest album

NED EHRBAR
Metro in Hollywood

The Backstreet Boys: AJ McLean, Kevin Richardson, Brian Littrell, Nick Carter and Howie Dorough. GETTY IMAGES FILE

The Backstreet Boys are taking time to look back, creating a documentary to do so. After being brought together 22 years ago in Orlando by wealthy businessman and eventual convicted felon Lou Pearlman, The Boys — Nick Carter, Howie Dorough, Brian Littrell, AJ McClean and Kevin Richardson — let a camera crew follow them as they revisited their past and recorded their 2013 album, In a World Like This. The result is Show 'Em What You're Made Of, available on VOD. We sat down with the band to chat about what it was like to see their lives on screen.

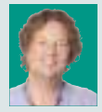
When you saw the documentary, were there any parts that were hard to watch?
Nick: I think, individually, we each probably had something that was a little difficult. If you want to get specific, for me, I didn't like watching myself cry and go through that whole experience with my teacher, because I'd kind of put that in the back of my mind. It was a tough time in my life, and seeing myself cry — that's (hard) for me.
AJ: I think kind of reliving everything with Lou and being at the house ... that whole situation affected us each differently. I think there were high moments and there were low moments even making the film. Some were much more emotional than others. It was a great learning experience — a relearning experience.
Brian: My voice therapy stuff is hard to watch, just because it was such a trying time in my life ... It was something I really tried to hide. I didn't want it to be on the documentary, but it just kind of evolved and came out. But it's good that I'm better now and getting stronger each and every day.

Did any of the outfits from the '90s make you cringe?
Howie: Absolutely. Of course.
Kevin: There were quite a few. Lots of interesting fashion.

Were there moments that stick out?
Nick: Favourite bad ones?
Brian: We just saw an interview of us backstage in the green room for the Grammy Awards.
Nick: The Grammys!
Brian: It was 1999, and the question was, "So what do you Backstreet Boys think about the Internet? Do you think it's going to be something pretty cool?" And (AJ) is in a white top hat, white suit.
AJ: White everything.
Brian: He looked like ... Willy Wonka.
AJ: I looked like Dr. Seuss.
Howie: You looked like Marilyn Manson.
Brian: No, Willy Wonka!
AJ: OK, Willy Wonka. Everyone's in dark colours and I'm just random, as per usual.
Brian: I think he thought he was in Jodeci or Boyz II Men.
AJ: There were definitely some wardrobe faux pas back in the day.

Music

Similar songs are often just a coincidence



SOUND CHECK
Alan Cross
scene@metronews.ca

You've probably heard about the Sam Smith/Tom Petty controversy, which saw Petty receive a portion of the songwriting credits for Smith's song, Stay with Me, because the chorus was a note-for-note copy of the chorus in Petty's 1989 hit, I Won't Back Down.

This was a negotiated settlement between two parties. There was no lawsuit. Everyone agreed that this was simply one of those unfortunate sonic coincidences where someone unknowingly writes a song that sounds the same as an older track. With only so many ways to place the notes of the Western scale in a pleasing melodic order, this sort of thing happens all the time. When it happens, it's time to negotiate.

Let me give you an example. Back in the '80s, a friend of mine co-wrote a song that completed a comeback album for a big-name group from the '70s. His deal involved an escalating series of royalty payments based on the album's success.

When his song was released as a single, a new set of royalties kicked in. The higher the song climbed on the charts, the better it got. In the end, the song made it into the U.S. Top 10.

A few years later, the manager of a group from Europe contacted my friend's people. "We're planning to release a single that we've noticed has certain obvious melodic similarities to a song written by your client. We expect this song to be a major hit, so here's what we propose."

In exchange for not creating a legal stink, a deal was worked out whereby the more successful the European group's single became, the more money my friend would make.

Hush money? Maybe. But my friend was the first to put those notes in that order.

This new single was a massive hit, reaching No. 1 in the U.S. and four other countries and Top 10 in five others. Sales topped well over a million worldwide. And my friend received some very nice cheques for a song he never wrote.

So the next time you hear a song that sounds like one you've heard before, don't start screaming about ripoffs. Chances are everyone involved has long been compensated.

Sam Smith
GETTY IMAGES

Singer invites fans to watch her record — inside a box

Recording. PJ Harvey creates a public studio surrounded by one-way mirrors at a London arts centre

From within a jungle of musical instruments and audio cables, a voice flows like nectar: British singer PJ Harvey recording her ninth studio album in front of an audience hidden by one-way mirrors.

The 45-year-old rocker, wearing headphones and a black trouser suit, is surrounded by musicians and her producer, Flood.

"And one, two, three, four," she counts, before attempting yet another version of a track for her new album, the first since 2011.

The box-shaped studio is designed to accommodate an audience, and is built inside the neo-classical arts centre of Somerset House on the bank of London's River Thames.

"I was looking for a space to record in London and knew I didn't want it to be a conventional recording studio," Harvey said.

She explained that her songs often take on the atmosphere of the recording space, and that the "resonance" of Somerset House — originally a Tudor palace that later housed the Royal Navy command and tax office — chimes with some of the album's historical themes.

The public can attend the sessions in groups of 40. The studio is an enclosed white box, with one-way glass allowing the audience to witness the process while remaining invisible to the musicians, transforming the process into "sculpting in sound," Harvey said.

The musician had once hoped to become a visual artist — she gave up the chance to study sculpture at London's Central St. Martins art college to record her 1992 debut album Dry — and visual art remains a "prime inspiration."

"I want it to operate as if we're an exhibition in an art gallery," Harvey said. "I like the idea of the vitrine, that you're looking into a glass display case at a record being made." AFP

Fan participation

The experience makes the audience "a little bit part of the recording," said 22-year-old audience member Gigi Birch. "Because I'm a musician myself, I thought I'd be a bit like an intruder violating someone's vulnerable space. (But) I was transfixed."

British rocker PJ Harvey. AFP

LIFE 3

Reality of unrealistic ideals

Body image. How women are confronting the pressure to meet media and advertising's narrow views of beauty

SEPTEMBRE ANDERSON
life@metronews.ca

Viola Davis addressed beauty ideals during her acceptance speech at the SAG Awards. GETTY

Thursday is the new Friday, at least in the television world, where the prime-time triumvirate of Shonda Rhimes, Kerry Washington and Viola Davis has taken over TV screens.

The seat-gripping dramas How To Get Away With Murder, Scandal and Grey's Anatomy, however, are not only reshaping the TV landscape but also sparking important conversations about body image and beauty ideals.

After New York Times critic Alessandra Stanley called Davis "not classically beautiful" and compared her looks with women like Halle Berry and Washington, the actress didn't respond — until she accepted the award for outstanding performance by a female actor in a drama series award at the Screen Actor's Guild Awards last month.

"Thank you for thinking that a sexualized, messy, mysterious woman could be a 49-year-old, dark-skinned African-American woman who looks like me," she said, alluding to Stanley's below-the-belt comment.

"I think her saying very clearly that a sexy woman and a mysterious woman and a lead actor could look like her was something that everyone needs to hear and be reminded of," said PhD candidate and fat activist Jill Andrew.

"It's the need for representation and it's the need for relevant representation."

Media and advertising are commonly known to present narrow, unrealistic depictions of women that are leading to unhealthy results.

According to a study by Dove, only four per cent of women worldwide think they are beautiful and between 600,000 to 990,000 Canadians suffer from eating disorders like bulimia, anorexia and binge-eating disorder.

Andrew is no stranger to battling with her weight.

"One of the first lessons I learned was that perfection was really hard to get to and like many people, I practised," said Andrew, who also confronts shadeism in the black community.

"I practised for years to get that perfection, and for me that perfection included diets and sneaking a taste of my mother's Slim Fast strawberry milkshakes. My practice even included a small stint with trying to bleach my skin."

It took years for Toronto-based Andrew, co-founder and executive producer of the Body Confidence Canada Awards, to overcome her self-esteem issues.

Finding a supportive, empowering community and reading books like Ain't I A Woman? by bell hooks were part of her self-love arsenal.

"These sorts of books started me on the path of recognizing that these ideals that were set out for me and for all women really only took a very small percentage of women into consideration," said Andrew.

Rebecca Matchett, meanwhile, grew up on teen magazines and graduated to women's magazines in university. The beauty ideals promoted in these publications affected her self-esteem and it was a strict media cleanse that helped improve the way she viewed herself.

"I'm very conscious on the Internet of the material that I look at," said the 26-year-old project manager from Fredericton, N.B.

"I'm conscious that everybody that I'm looking at in the media is Photo-shopped."

Websites like XO Jane and Beauty Redefined also helped Matchett feel more confident.

"I really started to understand that there are more people like me who want to see images that aren't edited and who want to live in a world where our variety of bodies is OK."

"The more educated we become in peeling back the layers of this facade," said Andrew, "the less it impacts us."

The perception effect

When told men desire full-bodied figures, women felt better about their own weight, say researchers at Southern Methodist University (SMU) in the U.S. "A woman's body image is strongly linked to her perception of what she thinks men prefer," says lead author and social psychologist Andrea Meltzer of SMU. Heterosexual women, says Meltzer, tend to believe men prefer the ultra-thin bodies that dominate the media. "Consequently, this study suggests interventions that alter women's perception regarding men's desires for ideal female body sizes may be effective at improving women's body image," she says. Meltzer conducted three studies of 448 women. In all three studies, women were more positive about their bodies after looking at pictures of voluptuous women portrayed as being attractive to men. AFP

METRO IS ADDING SOME 'HUSTLE' TO ITS SPORTS
Local sports voice you trust in the paper you love

Metro Winnipeg welcomes TSN 1290's Andrew 'Hustler' Paterson to its sports writing team.

Look for his new weekly feature '**View from the 300's**' exclusively in Metro News!

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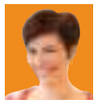
Mushrooms bring their sunny goodness to soup

Vegan Vitamin D Mushroom Soup.
Turn vitamin-packed fungi into a winter-warming main course



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

This recipe takes 20 minutes to prepare and makes six servings. THERESA ALBERT

This time of year, everyone in Canada needs more vitamin D. The sun isn't strong enough and other sources like fish and fish roe aren't a large part of our diets.

This soup is a great main course on a weeknight with a big hunk of bread and a few nuts. It is low cal, but nourishing and complete.

Ingredients

- 1 onion, chopped
- 1 tablespoon extra virgin olive oil
- 6 cups cremini mushrooms plus a few extra for garnish
- 1 litre vegetable broth
- 1 cup hummus
- 1 cup mixed nuts

Directions

1. In a large pot, soften onions in oil over medium heat for a few minutes. Stir in mushroom and vegetable broth.

2. Cook for 15-20 minutes to heat mushrooms through. Use a hand wand or a blender to purée, then add and blend in hummus.

3. Fry a couple of mushrooms to use as garnish as desired and serve with nuts.

Mushrooms

Falling in love with fungi

I have been a mushroom lover since my grandpère hiked me and my sisters out to the bush collecting puff balls from the meadow along the way. He simply stuck a cast iron skillet over the fire and plopped a big chunk of butter into the pan. He took out his Swiss Army knife and sliced the balls into the pan. He flicked them with the knife and then skewered a fat slice into our mouths. I was in heaven! It was only later that I discovered how nourishing mushrooms are. Truly wild mushrooms are even better, but you really have to know what you are foraging for because you can go very wrong.

All fungi contain precious trace minerals. They also contain:

- The only vegan source of vitamin D (other than sunshine)
- B vitamins to help you fight stress
- Very few calories for their nutrient density
- Beta glucans which are a type of fibre that is proving to lower insulin resistance and lower cholesterol.

Mushrooms are foolproof to cook, they require very little prep time and go into practically anything.

Chicken with artichokes and mushroom sauce

Ingredients

- 1 pound thinly sliced chicken cutlets
- Salt and pepper
- 1/4 cup all-purpose flour
- 2 tablespoons olive oil, divided
- 2 tablespoons butter, divided
- 8 ounces mixed or button mushrooms, sliced
- 14-ounce can quartered artichoke hearts, drained
- 1/4 cup dry white wine
- 1 cup low-sodium chicken broth
- 3 tablespoons lemon juice
- 1/2 cup low-fat plain Greek yogurt
- 1/2 cup chopped fresh parsley

Directions

1. Season both sides of the chicken cutlets with salt and pepper. Place the flour in a bowl, then dredge each cutlet through to lightly coat.

2. In a heavy sauté pan over medium-high, heat 1 tablespoon of the oil and 1 tablespoon of the butter. When the butter has melted, add the cutlets and cook until golden and crusty on both sides and just cooked through, about 2 to 3 minutes per side. Transfer the cutlets to a platter and cover with foil.

3. Return the sauté pan to the heat and add the remaining oil and butter. When the butter has melted, add the mushrooms and a pinch of salt. Cook until the mushrooms start to soften, about 3 minutes, then add the artichoke hearts. Continue cooking until the mushrooms are tender, another 5 to 6 minutes.

4. Add the wine, broth and lemon juice. Stir to deglaze the pan, scraping up any brown bits stuck to the pan. Let the sauce bubble, stirring, for 1 to 2 minutes.

5. Remove pan from the heat. Adjust seasoning. Place the yogurt in a small bowl and whisk in about 1/3 cup of the mushroom sauce. Whisk the yogurt back into the sauce in the pan. Pour sauce over the chicken, sprinkle with parsley and serve.

THE ASSOCIATED PRESS

TRANSIT TUESDAY
Weekly Transit News Update

NEW MILLENNIUM LIBRARY SERVICE CENTRE NOW OPEN

Winnipeg Transit's Millennium Library customer service centre, located at 251 Donald St. (corner of Graham and Donald), is now open. Service hours are Monday to Friday, 8:30 a.m. to 4:30 p.m.

WINNIPEG TRANSIT OFFERS REQUEST STOP SERVICE AFTER 7 P.M.

For your safety and convenience, Winnipeg Transit offers request stop service, which allows riders to get off the bus between regular stops. This service is available from 7 p.m. until the end of service. Just politely inform your operator at least one stop ahead of the requested stop — then exit at the front door only. Please keep in mind, the operator might not be able to accommodate your request due to road safety concerns.

THE COMMUNITY RELATIONS BUS

Since its inception in 1987, Winnipeg Transit's community relations bus has been providing non-profit organizations an opportunity to promote their activities/events to the citizens of Winnipeg.

Available at no cost and on a first come-first served basis, the community relations bus program offers free advertising to help promote the various events/services provided by these groups. Look for the community relations bus and help support this month's featured organizations. Visit winnipegtransit.com for more info. Are you interested in booking space for your non-profit organization on the community relations bus? Call 311.

CONVENIENT DART SERVICE

Try Dart, the "Dial-A-Ride Transit" service for residents living in selected areas of south and southeast Winnipeg. DART buses operate during off-peak hours only and are cellphone equipped. Call 204-287-3278 (BUS-DART) and speak directly to the bus operator to arrange pickup from your home to/from a transfer connection. Please call well in advance of your trip. All rides are scheduled on a first-come, first-served basis. Visit winnipegtransit.com or call 311 for more information.

DID YOU LOSE OR FIND SOMETHING ON THE BUS?

Call 311 or visit our Winnipeg Transit's lost property office at the downtown service Centre in Winnipeg Square.

Chris Matthews didn't catch a pass for the Seahawks during the regular season but had four of them for 109 yards and a TD on Sunday. MATT YORK/THE ASSOCIATED PRESS

Matthews' star shines bright in Super Bowl

NFL. Former Blue Bomber enjoys breakout game on the biggest stage of all

Whenever Seattle Seahawks receiver Chris Matthews searched online for news about himself, he always had to add the word football. Any other search for Chris Matthews almost always ended up with political talk show host Chris Matthews.

That will likely change after Sunday's Super Bowl.

Despite his team losing to the New England Patriots, Matthews made a name for himself with a breakout game in the Super Bowl, catching four passes for 109 yards and a touchdown.

"This is huge for me to finish a game and do what I did," Matthews said. "Now I feel like I should come back and work extremely hard."

Even another well-known Chris Matthews — of MSNBC's Hardball — took notice.

"Congratulations on a great first half to the @Seahawks Chris Matthews from the @hardball Chris Matthews!" the host wrote on Twitter.

The Seattle receiver put in plenty of work to get here.

Matthews played two seasons at Kentucky after transferring from a junior college and was signed by the Cleveland Browns in 2011. He was cut before the end of training camp and spent the year out of football.

After that, Matthews played two seasons for the Winnipeg Blue Bombers in the Canadian Football League, but had to work other jobs to make enough money.

He was working at Foot Locker when the Seahawks asked him to try out for the team last February and ended up making the team after nearly declining their invitation.

Matthews didn't catch a pass during the regular season, but did come up with the onside kick that helped Seattle pull out its improbable win over Green Bay in the NFC championship.

During the Super Bowl, Matthews made a spectacular 44-yard catch to jumpstart Seattle's offence in the second quarter and hauled in an 11-yard touchdown in the closing seconds of the first half.

"It was great for me," he said. THE ASSOCIATED PRESS

Canadian football

Matthews played for the Bombers in 2012 and 2013. In those two season he caught 95 passes for 1,330 yards and eight touchdowns.

Sherman likely to undergo Tommy John surgery

Seattle Seahawks cornerback Richard Sherman played the Super Bowl with torn ligaments in his left elbow and will likely need Tommy John surgery in the off-season.

Seattle coach Pete Carroll said Monday that it was his understanding that Sherman would need the surgery after the All-Pro cornerback was injured in the NFC championship game against Green Bay. THE ASSOCIATED PRESS

Quoted

"In football, you're never 100 per cent. We were good enough to go. There is no excuse."

Seahawks cornerback Richard Sherman

Manziel checks into rehab for unspecified reasons

Browns quarterback Johnny Manziel has entered treatment for unspecified reasons, telling his team he needs to improve himself before rejoining.

Manziel entered treatment last Wednesday, an adviser for Manziel said in a statement released by the team on Monday.

"Johnny knows there are areas he needs to improve on to help him be a better family member, friend and teammate, so he decided to take this step in his life during the off-season," Brad Beckworth said in the statement. THE ASSOCIATED PRESS

Johnny Manziel GETTY IMAGES

NHL

Ovechkin named month's first star

Washington Capitals winger Alex Ovechkin is the NHL's first star of January after scoring a league-high 12 goals in 13 games over the month.

Ovechkin also led all players with six power-play goals and 59 shots on goal to power the Capitals to a 7-3-3 January and the second wild-card spot in the Eastern Conference.

New York Islanders centre John Tavares was named January's second star, while the third star award went to Boston goaltender Tuukka Rask. THE CANADIAN PRESS

Tennis

Bouchard out of Fed Cup at Laval

Eugenie Bouchard will not play for Canada in this week's Fed Cup tie against the Czech Republic at Laval University.

The decision was announced Monday in a Tennis Canada release. Prospect Charlotte Robillard-Millette of Blainville, Que., will fill the final roster spot after the world's seventh-ranked player decided she would not compete in the first-round tie.

"Genie wants to be the best in the world and win Grand Slams and she needs to make the right decisions for her schedule and her training to give her the best opportunity to achieve that," Tennis Canada president Kelly Murumets said in a statement. THE CANADIAN PRESS

Soccer

FIFA to consider fourth substitute

FIFA's rule makers could decide this month to let teams use a fourth substitute in extra time.

The idea could take effect in July if the proposal is passed at a meeting of the International Football Association Board, known as IFAB, in Northern Ireland on Feb. 28.

It's the most high-profile decision set to be taken by IFAB, which will also begin discussions about the potential use of video replays to aid refereeing discussions. THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You will work best today if you work as part of a team. Try to remember a certain amount of tension can be creative and there is nothing wrong with a bit of dissent.

♉ Taurus
April 21 - May 21
You need to get rid of all that emotional junk. Be ruthless with yourself — if you let your heart continue to rule your head you won't get rid of half as much stuff as you should.

♊ Gemini
May 22 - June 21
The only danger today is that you will change your plans at the last possible moment and by doing so upset other people's aims.

♋ Cancer
June 22 - July 23
You may be tempted to take some kind of risk today but as there is a full moon in the area of your chart that governs your wealth that may not be a good idea.

♌ Leo
July 24 - Aug. 23
Because today's full moon takes place in your sign you will be more emotional than usual, which has both advantages and disadvantages.

♍ Virgo
Aug. 24 - Sept. 23
If you let your worries get out of hand today it may stop you from taking action and once you stop you will find it hard to get going again.

♎ Libra
Sept. 24 - Oct. 23
Anyone who thinks they know you will be mightily surprised today as you do the opposite of what they predicted.

♏ Scorpio
Oct. 24 - Nov. 22
If someone gets a bit aggressive in their attempts to sell you something you don't want, be it a physical object or an idea, be a bit aggressive back at them.

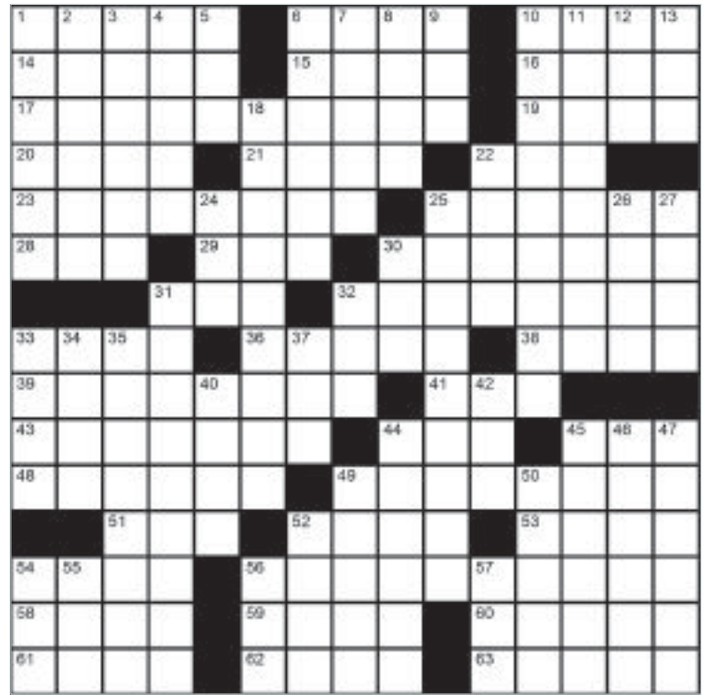
♐ Sagittarius
Nov. 23 - Dec. 21
There seems to be a lot of tension in your dealings with other people at the moment, both in your personal affairs and at work. The good news is that tension can be creative.

♑ Capricorn
Dec. 22 - Jan. 20
Something unexpected will knock you out of your stride today and you will find it hard to get your rhythm back. Don't make a big issue of it.

♒ Aquarius
Jan. 21 - Feb. 19
There is nothing you cannot do, no challenge you cannot handle. If you are a typical Aquarius you will seek out situations that test you to the limit over the next few days.

♓ Pisces
Feb. 20 - March 20
If someone annoys you today just walk away. If you allow yourself to get drawn in you will say things you might later wish you had kept to yourself.

Crossword: Canada Across and Down by Kelly Ann Buchanan



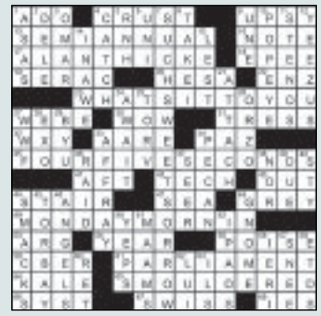
Across

1. Easy-running horse
6. Awaken
10. Noodle dish, Pad __
14. Treble clef's lined notes, in sequence
15. Hold up
16. Challenging
17. Canadian composer of "Music Box Dancer": 2 wds.
19. She sheeps
20. Ailed, __ _ fever
21. Twice's opposite
22. "Shameful!"
23. Partnerless laundry pairs: 2 wds.
25. Animal artifact
28. Victoria International Airport code
29. Cold
30. Journalist Mr. Rivera
31. __ culpa!
32. The __ (Family related to Harry Potter)
33. "__ _ silly question..."
36. Don't sit
38. Olive-of-comic's surnamesakes
39. Kenora, ON's Husky the Muskie = __ attraction
41. Mr. Somerhalder
43. Lost in the __ (Farley Mowat book)
44. Compass pt.
45. Actor Mr. Young
48. Breaks up
49. Telephone sound: 2 wds.
51. Bootcamp bigwig, briefly
52. BC: Port __ Bridge (It links Surrey to Coquitlam)
53. Taro root
54. Geological flattop
56. Household spot for miscellaneous items: 2 wds.
58. Organic compound
59. 'Myth' suffix
60. Putting into service
61. People: French
62. Clarified butter
63. Canadian comedian/actress Ms. MacDonald

Down

1. Mount __, Continental Divide peak captured-on-canvas by Lawren Harris of The Group of Seven
2. Sweet Rosie __ (1943) starring Betty Grable
3. _ _ _ _ (Comfort food sandwich, hipstyle)
4. __ Edibles (Mrs. Garrett's gourmet shop on "The Facts of Life")
5. Subj. of "Bobby" (2006)
6. Retro toy
7. Powders
8. Archipelago part
9. Lefts opp.
10. Ontario town between Sault Ste. Marie and Sudbury
11. Canadian musician Mr. Workman
12. "All bets __ off."
13. Passports, e.g.
18. Some shoes
22. Crags
24. Goose: French
25. "Right Action" by Franz __
26. Pastoral poem [var sp.]
27. Sports defeat
30. Pistol
31. Elizabethan vocal pieces
32. Actor, Daniel __ Kim
33. Financial hedgers, briefly
34. Ivory __
35. Ottawa Senators captain Erik
37. Cnd. banks, e.g.
40. Cobblestone
42. Cobbler's tool
44. Rip Van __ (Storied snoozer)
45. Long-billed wading bird
46. Tab key function
47. Seinfeld character
49. Greek Myth: Mother of Perseus
50. Bug
52. Plentiful
54. Ms. Ryan
55. Chem. ending
56. Dublin dance
57. __ the wrong way

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

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Yesterday's Sudoku

5	9	3	2	1	7	4	8	6
4	1	2	6	8	5	3	7	9
7	6	8	3	9	4	5	2	1
9	2	4	7	6	8	1	5	3
3	5	7	4	2	1	9	6	8
6	8	1	5	3	9	7	4	2
8	3	5	9	7	2	6	1	4
1	4	6	8	5	3	2	9	7
2	7	9	1	4	6	8	3	5

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‘MIRACLE MOLECULE’ SUPERCHARGES CIRCULATION, PROMISING BETTER BLOOD FLOW, BLOOD PRESSURE AND INCREASED MENTAL CLARITY & STAMINA!

Are you concerned with high blood pressure or cholesterol, a lack of stamina and energy, a dip in libido and physical performance,or the increase of “senior moments?” The answer to living without these health concerns has been discovered in what scientists are calling the most important health breakthrough of our time. The discovery starts with nitric oxide (N-O)!

OVER 40 LOSING CRUCIAL RESERVES

N-O is a natural substance produced by the body that has amazing effects on health and circulation. The American Heart Association published one of many studies showing that many people over 40 don’t produce enough N-O. In fact, your body produces less than half of what it did at 20.

NOBEL PRIZE WINNING DISCOVERY

Three researchers received the prestigious Nobel Prize for this discovery. One of the winners says, “There may be no disease process where this miracle molecule does not have a protective role”.

GOOD NEWS FOR BOOMERS!

Researchers reported that N-O helps with energy levels, blood pressure, cholesterol, joint discomfort, and assisted in strengthening the immune system.

90-SECOND CIRCULATION BOOSTER

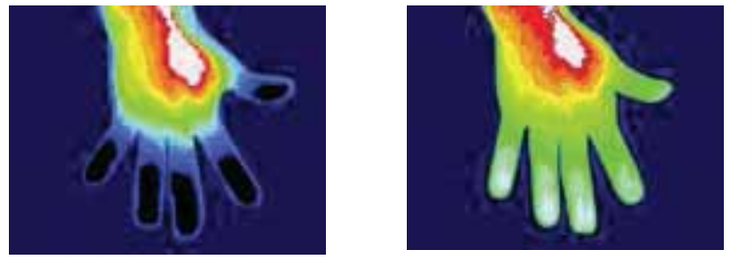
Based on the research of Dr. Nathan S. Bryan, PhD, who lectures to doctors around the world about Nitric Oxide, Neogenis® Labs has created a revolutionary lozenge, called Neo 40 daily, that makes it easy to restore N-O levels. This “fast-dissolve” lozenge restores your N-O to youthful levels by dissolving within 90 seconds and begins to work immediately, which leads to better circulation, for many in as little as 20 minutes.

BETTER CIRCULATION TO WHOLE BODY

Better circulation helps increase stamina, maximizes metabolism, helps manage stress and maintains healthy sexual function. Healthy N-O levels also promote better blood pressure and cholesterol as a result of improved circulation to all major organs.

SURPRISE BENEFITS FOR MEN & WOMEN

“Adequate amounts of Nitric Oxide insure sufficient amounts of blood to flow to the extremities, especially the penis, resulting in an erection. The same applies to women; without proper blood flow to the clitoris, orgasms are difficult,” says Dr. Bryan.



Dark = Low Blood Flow **Light = Increased Blood Flow**

Actual Thermographic Image of Hand shows circulation in hands before and after taking Neo 40 daily. On the Left, the fingertips are almost black showing little blood flow. On the Right, lighter colored fingers show increased blood flow after only 20 minutes.

A boost in Nitric Oxide levels may equal increased sexual sensitivity for men and women. Tammy from Ontario said, “The first night after my first dose I had improved circulation in my hands. I find the increased circulation is a definite benefit in the bedroom.” “We noticed a difference in my husband’s erections within a week. We can’t believe how well it works,” reports pleased wife Marion S., of New York.

NATURAL RESULTS YOU CAN FEEL

Lee L., from CA was stunned with her results. “I have had knee, leg and shoulder problems for over 10 years. The pain has deprived me of sleep for months!

Ronald D. TX explains, “The results were noticeable overnight. I had more energy and was able to focus more readily.”

BEET & BERRY COMBO BOOSTS N-O

Neo 40 daily proprietary combination of N-O boosting nutrients: amino acids, B Vitamins, Vitamin C, and Magnesium are specially formulated with the patent pending combination of red beet and hawthorn berry. The natural chemistry between them generates Nitric Oxide when dissolved in the mouth. The result is increased oxygen delivery, improved vascular function, enhanced sexual enjoyment, and protection against free radicals.

BOOST BLOOD FLOW & OXYGEN STARTING IN 20 MINUTES!

“I recommend this lozenge because it helps the body restore N-O, which leads to healthy circulation; for most in as little as 20 minutes,” affirms Dr. Bryan. The result is increased oxygen delivery, heightened immune function, improved vascular function, and enhanced sexual enjoyment

NEO40® daily

CLINICALLY SHOWN TO HELP YOUR BODY:

- Reduce triglyceride levels (27% average in 30 days)
- Support healthy blood pressure
- Support cardiovascular and heart health
- Improve sexual performance through improved circulation
- Increase the body’s circulation
- Improve artery health

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